



# Goodfellow Monitor

To deliver combat-ready Intelligence, Firefighter and SPINSTRA warriors to the Combatant Commander.  
Training is our focus, war is our mission.



Vol. 48, No. 26

Goodfellow Air Force Base, San Angelo, Texas

July 7, 2006

## QUICK BRIEFS

The **17th Communications Squadron** will conduct a change of command ceremony today at 9 a.m. at the Goodfellow Club.

Lt. Col. (select) Kjäll Gopaul will relinquish command of the squadron to Maj. Albert Talamantez.

Dress for military is duty uniform, or business attire for civilians. For more information, call 654-3000.

**Mexico off limits:** By order of Col. Scott Bethel, 17th Training Wing commander, the cities of Ciudad Acuña and Piedra Negras adjacent to Del Rio and Eagle Pass, Texas, are off limits to all military personnel, effective immediately.

This action is being taken to ensure the safety of all Goodfellow personnel. Recent violent criminal activity in Ciudad Acuña involved a gunfight during daylight hours which resulted in multiple deaths. This restriction will remain in place until further notice.

All other Goodfellow personnel, including Department of Defense civilian employees, contractors and family members, are advised to exercise appropriate caution.

**Mandatory Housing Survey:** By order of Col. Scott Bethel, if you received a housing survey June 9, it is mandatory that you complete the survey.

A short web-based survey is available for all services, civilians, retirees, accompanied or unaccompanied, living on base or in off-base housing, at <http://airforcehousingnsurvey.us/>. Select Goodfellow from the pull-down menu. The case-sensitive password is: good3311. The survey takes 15 minutes to complete, and is essential to future housing development.

For more information, call 654-3491.

## AF Honor Guard Drill Team visits Goodfellow



Photo by Airman 1st Class Kamaile Chan

Mater Sgt. Jacob Pullin (center), Air Force National Guard Drill Team superintendent and four other members of the drill team march in synchronized strides as they prepare to begin their drill team demonstration June 29 inside the Louis F. Garland Fire Academy High Bay.

By AIRMAN 1ST CLASS LUIS LOZA GUTIERREZ  
EDITOR

The Air Force Honor Guard Drill Team performed June 29 at the Louis F. Garland Fire Academy high bay.

The drill team is operated by the U.S. Air Force Honor Guard at Bolling Air Force Base in Washington, D.C. The Air Force Honor Guard's mission is to maintain and employ a ceremonial capability to represent the Air Force at

public and official ceremonies to include presidential inaugurations, heads of state funerals, and arrival and departure ceremonies conducted for visiting dignitaries.

"Being a member of the Air Force Honor Guard Drill team is another way for a person to serve his or her country in a very special way," said 1st Lt. Joshua Hawkins, the drill team's commanding officer, whose visit to Goodfellow was somewhat of a home coming for the 24-year-old San Angelo

native.

"Before I joined the Air Force Honor Guard Drill team I was a member of the base Honor Guard at Aviano Air Base in Italy. I joined because I thought it would be a great opportunity to enhance my leadership skills."

Approximately 200 civilian and military members were present at the performance. Prior to their performance, the team showed a video.

SEE **DRILL TEAM** ON PAGE 3

## Airman crosses into the... green?

By AIRMAN 1ST CLASS STEPHEN MUSAL

STAFF WRITER

The United States Army.

Two hundred-thirty years of brave Soldiers - the grunts, the doughboys, the infantry. When someone thinks of the Army, they rarely think of computers; rather, their first thoughts might be images of tanks, rifles and the taking of hills. But computers is just what one Airman hopes to find in his future as he becomes Goodfellow's first enlisted volunteer for Operation Blue to Green.

Airman 1st Class Bruce Eidson is a computer programmer with the 17th Communications Squadron. In the middle of a six-year enlistment, Airman Eidson said he had but one complaint about his job: the highly demanding 3C0X2 career field doesn't let him out into the field much. The first-term enlistee said he hopes to deploy more often with the Army, where he will trade in his Air Force Specialty Code for a Military Occupation Specialty.

Airman Eidson said the Army has assigned him a 98C MOS, which means he will be entering the somewhat-related world of a signals intelligence analyst - a job some on Goodfellow are familiar with - at least on the Air Force side. The airman first class will also accept promotion to specialist when he changes from Blue to Green.

The soon-to-be Soldier said he wanted to reclass without re-enlisting for the moment, and rather than seek a



Photo by Airman 1st Class Stephen Musal

Airmen 1st Class Bruce Eidson (right) and Richard Creavy talk on their way to work.

career in the Air National Guard or Air Force Reserve, he decided to pursue a new life in the Army.

"I wanted to remain on active duty for the time being," said Airman Eidson, "and going Blue to Green gave me the opportunity to see a different side of the military."

Airman Eidson said his journey started by picking up a DD Form 368, which had to be signed by his com-

SEE **EIDSON** ON PAGE 3



Photo by Senior Airman Michele Misiano

### Welcome back Staff Sgt. Sanchez

Staff Sgt. Eloise Sanchez, 17th Training Wing Plans and Programs information manager, is greeted by a cheering crowd after arriving at Mathis Field Regional Airport in San Angelo the evening of Independence Day. Sgt. Sanchez returned to Goodfellow after a four-month deployment to Camp Victory, Iraq. She originally deployed as a senior airman, but returned as an NCO.

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### WEEKEND FORECAST

<b>Friday</b>	<b>High: 88</b>	
Partly cloudy	<b>Low: 66</b>	
<b>Saturday</b>	<b>High: 93</b>	
Rainy	<b>Low: 67</b>	
<b>Sunday</b>	<b>High: 93</b>	
Partly cloudy	<b>Low: 69</b>	

### INSIDE THIS WEEK



See Page 9 for photos and story about the 2006 All American Pops Concert.

### SAFETY TIP OF THE WEEK

Employees are responsible for fire extinguishers in their work area. They will make sure access to fire extinguishers is not obstructed, they are readily accessible, and are used only for the intended purpose. Personnel are also required to receive training on use of available portable extinguishers.



## Response Line



The Response Line is a communications tool provided for everyone with comments, questions, complaints and suggestions. I am committed to provide the best services and programs to all of our customers, and you can help to make them even better. If there is a way we can make something better, I ask that each individual contact the specific organization, try to resolve any concerns at the lowest level, and then follow the chain of command.

If the process does not produce results, please send an e-mail to:

**17trw.responseline@goodfellow.af.mil.**

Your comments or questions will be recorded on to a document.

Be sure to include your name and a phone number where you may be contacted for more information or a personal response. Items of general interest may be printed in the Goodfellow Monitor.



**Bethel**

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**Goodfellow Monitor**



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Editorial content is edited, prepared and provided by the public affairs office of the 17th Training Wing. The staff reserves the right to edit for style, clarity, consistency and space. The staff also reserves the right not to print any submission. All photographs are Air Force photographs unless otherwise indicated.

### Submission deadline

Deadline to submit articles for inclusion in the Monitor is 10-calendar days before publication. The staff accepts stories via e-mail to [monitor@goodfellow.af.mil](mailto:monitor@goodfellow.af.mil).

### Advertising

For information about placing commercial advertisements in the Monitor, call the Standard-Times at 659-8309. To place classified ads, call 655-SELL (7355).

## King Cobra... out

Commander's  
Column

BY COL. PHIL SAMPLES

17TH MEDICAL GROUP

Life has several absolutes; change is inevitable is one of them. How we adapt to and manage change is up to us. As Diana and I prepare to say farewell to our military family here at Goodfellow, and our San Angelo community family we accept that inevitable part of life.

We will be sad when we head east to Montgomery, but recognize and cherish the fact the friendships made here will be with us forever. This is our twelfth move and by far this is the most welcoming base and community we have experienced.

For the young enlisted and officer troops reading this message, let me encourage you to take advantage of the outstanding opportunities here in the San Angelo area. There are few, if any, such communities like this throughout the Department of Defense.

To all the men and women serving here at Goodfellow, thank you for allowing me the opportunity to serve you as the Director of Base Medical Services, otherwise known as the Medical Group Commander. Through our collective efforts we refocused our resources to better meet your needs and the needs of the 17 Training Wing mission. We started early with a campaign of improved communication between the Medical Group and you, our patients. I borrowed a slogan from a very wise retired chief master sergeant at Goodfellow, "If you talk about us, we cannot hear you, but if you talk to us, we can work together to bring about change."

Many of the changes our newer folks



**Samples**

enjoy today are a result of constructive dialog between you, your leadership, and the great men and women of the 17th Medical Group. I expect those serving here today will exercise the same level of communication as your predecessors. For those here in student status, I have a few comments. First, let me reinforce what you must hear in your daily struggles as a student--your role when you deploy to your operational base is vital. Whether you are a fire fighter student, intelligence student, or SPINSTRA student your duty stations of the future will depend on your judgment, leadership and response to issues you are yet to imagine.

My challenge to you--commit yourself to being the best at your chosen profession. Next, a word of wisdom relayed to me by a colonel more than 20 years ago when I was heading to Cannon Air Force Base, N.M., for my first assignment. Colonel (ret) Fred Coleman stated, "Every assignment is whatever you make it." What Col. Coleman knew was Cannon AFB was a very remote area with a small town 8 miles away. What I did with his advice, however, reinforced his wisdom. Get out of your room, your work, your home and see and do the things available to you around the area. Every base has a very active recreational program. Those who complain, "There is nothing to do" have usually failed to take advantage of those offerings. Yes, there may be things outside your interest area, but unless you try something new you will never know and you may miss an opportunity to grow.

SEE SAMPLES ON PAGE 4

### DID YOU KNOW?

This Week in  
Air Force History

#### July 7

**1985:** The first operational B-1B Lancer is accepted by Strategic Air Command and the 96th Bombardment Wing at Dyess Air Force Base, Texas.

#### July 8

**1943:** Col. M.G. Grow, 8th Air Force surgeon, received the Legion of Merit for developing the flak vest.

#### July 9

**1966:** The F-111 Aardvark variable-sweep-wing fighter-bomber flies for the first time at Mach 2.5, about 1,800 mph. Officials call the performance the highlight in the F-111 flight-test development program.

#### July 10

**1965:** Scoring the first U.S. Air Force air-to-air combat victory in Southeast Asia, two F-4C aircrews of the 45th Tactical Fighter Squadron down two communist MiG-17 jet fighters over North Vietnam.

#### July 11

**1972:** The U.S. Air Force launches a giant 962-foot-tall balloon system in support of NASA's Viking Project for landing an unmanned spacecraft on Mars in 1976.

#### July 12

**1990:** The U.S. Air Force accepts delivery of the last of 59 Lockheed F-117A Stealth fighter-bombers.

#### July 13

**1921:** Army-Navy bombing tests sink three captured German ships.

## One last "communication"

Commander's  
Column

BY LT. COL. (SEL.) KJÄLL GOPAUL

17TH COMMUNICATION SQUADRON

Early experiences in my military career taught me the value of allowing people the opportunity to fail (or "make mistakes") and maintaining integrity.

As a second lieutenant in the Army, I was first assigned to the 1-506th Infantry on the demilitarized zone in Korea. I sensed early on that my platoon sergeant was "retired on active duty" when he kept telling me that, "It's all about twenty [years of service]." In order to demonstrate my commitment to our unit's mission readiness and my expectation that he do the same, I provided him opportunities -- giving him tasks well within his ability to accomplish, and documenting his performance.

For instance, one Monday I told my platoon sergeant that I would inspect our HMMWVs in the motor pool on Friday with the standard of clean and serviceable vehicles. I ensured he had the troops, cleaning supplies and training time to accomplish the task. On Wednesday, I reminded him that we would inspect in two days and I asked if there was anything he needed. He said everything was "good to go; it's all about twenty."

So on Friday after final formation, my platoon sergeant and I went down to the motor pool for our inspection. You guessed it, the vehicles were untouched - loose canvas, mud in the wheel wells, no updated vehicle dispatch and soda cans rolling around in the cargo area.

I counseled my platoon sergeant on his failure to accomplish the task, and stood out there in the waning twilight of the motor pool while he pulled the troops out of the dorms and had them complete the task. Not only had my platoon sergeant failed the task, he had also failed his troops. His poor leadership had caused the troops to curtail any liberties they had planned - phone calls to spouses, letters to loved ones, stress relief at the gym, recreation at the bowling alley- while they spent the next two hours cleaning those vehicles. My first platoon sergeant never really got it. I continued to set achievable goals and he consistently failed to meet the low standards that he set for him-



**Gopaul**

self. In the end, he retired, but not before everyone around him learned valuable lessons about setting standards, resourcing the mission and holding people accountable for results.

My next assignment was in the 2-64th Armor near the old East-West German border. Every six months the battalion would roll out to the Grafenwöhr military training area for tank gunnery - marksmanship for tanks. Vehicle maintenance in mechanized and armor units takes on increased significance -- if the vehicles cannot move, the men that crew them cannot fight. One time we had a "hangar queen" of a tank that the battalion motor officer was under a considerable amount of pressure to bring out to the tank gunnery range so that more crews could complete their tank tables. By some miracle, the mechanics had made the tank mobile, and the BMO began moving the tank out to the gunnery range.

While enroute the BMO called up the battalion commander, "Rogue 6," on the radio to provide an updated report. Rogue 6 radioed back, "Is the tank on the range?" There was a long period of silence and the BMO finally gave a non-committal answer. Rogue 6 bellowed over the net, "IS THE TANK ON THE RANGE?" The BMO replied, "Rogue 6, this is Wrench 6. Affirmative." The BMO had

SEE GOPAUL ON PAGE 4







# Air Force Honor Guard Drill Team visit in photos



1st Lt. Joshua Hawkins, Air Force Honor Guard Drill Team commanding officer introduces the drill team to the crowd and explains a bit of the routine.



With precise timing and hand eye coordination, four Air Force Honor Guard Drill Team members flip rifles with bayonets around master Sgt. Jacob Pullin who stands firm and undisturbed in the center of the sharp team.



Members of the Goodfellow Honor Guard pose for a group photo with members of the Air Force Honor Guard Drill Team.



Master Sgt. Jacob Pullin answers questions from curious spectators after the drill team performance.



A member of the Air Force Honor Guard Drill Team prepares to go into a drill routine.

*To honor with dignity.*

From **Drill team** , page 1

The performance began as Master Sgt. Jacob Pullin, Air Force Honor Guard Drill team superintendent, and four other team members made their way to the center of the floor. With the beat of military drums, Master Sgt. Pullin stood firm and did not bat an eye as his team members executed precision rifle moves. The drill team's performance drew a positive response from spectators.

"I thought the performance was great especially when they (drill team) were flipping the bayonets (A blade adapted to fit the muzzle end of a rifle and used as a weapon in close combat). The person standing in the center has to have a lot of trust in his fellow Airmen to not get hit," said David Jimenez, 17th Mission Support Group Chief of Plans and Force Management.

After the performance, drill team members were available to talk to guests and answer any questions guests may have had about joining the Honor Guard Drill team.

One servicemember who showed great interest in joining the Air Force Honor Guard Drill Team was Airman 1st Class Blake Manuel, a computer programmer from the 17th Communications Squadron and a member of the Goodfellow Honor Guard.

"I had thought about joining the Air Force Honor

Guard Drill Team before, and after speaking with some of the drill team members who are married and have a family of their own, I am seriously considering joining, but I'll have to talk to my wife about it first," said the 22-year-old Airman.

"It would be a great honor for me to become part of the team, but it is a big decision and there are sacrifices a person has to make in order to be on the team, like being on tour 120 days out of the year. That's why I wanted to speak to those members, who, like me, have a family to think of. It's good to get different perspectives from people who have been in situations like yours."

The following are the minimum requirements to join the United States Honor Guard Drill Team.

- ♦ Meet time on station requirements
- ♦ Score at least an 80 on Air Force physical test
- ♦ 20/20 vision or wear prescription contact lenses
- ♦ Completion of security clearance for presidential service badge
- ♦ Males must be at least 5 feet, 10 inches in height
- ♦ Females must be at least 5 feet, 6 inches in height

For more information, please contact USAF Honor Guard at (202) 404-6210 or hgrecruiting@bolling.af.mil

From **Eidson**, page 1

mander and an Army recruiter, from the military personnel flight. Next, he returned to a Military Entrance Processing Station for placement. After his day at the MEPS, he received a job reservation, and returned his paperwork to the MPF. Now, it's just a waiting game before he is honorably discharged from the Air Force and begins the Army's Warrior Training Course, a program designed specifically for Airman or Sailors going Blue to Green.

Airman Eidson described himself as "good to go" on his journey to become a high-speed, low-drag, hoo-ah Soldier, and had the following advice for anyone who wanted to follow in his footsteps.

"Do plenty of research," he said. "Be sure of what you're getting yourself into." The airman said he was ready, and absolutely sure about his choice.

"Although I'm sure it's going to be tough," he said, "I'm not too worried."

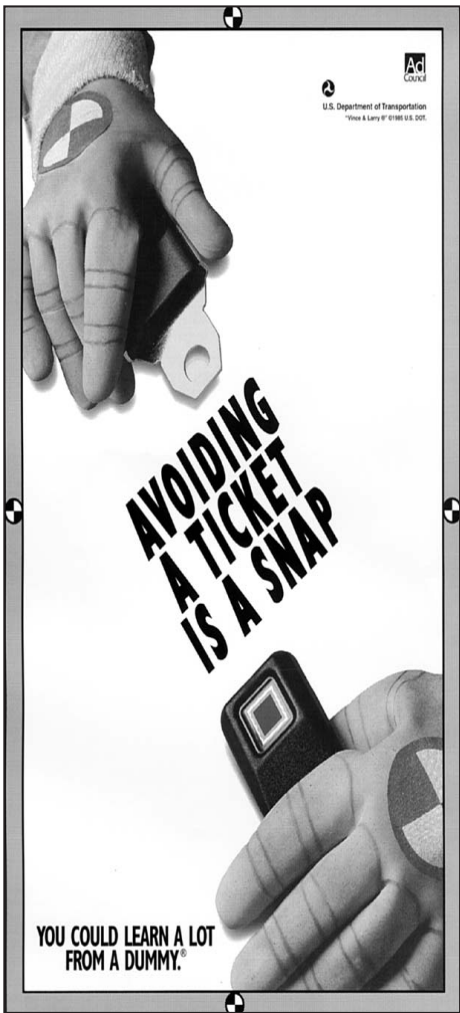




Photo by Airman 1st Class Kamaile Chan

### 17 MDOS Change of Command takes place

Col. Phil Samples, 17th Medical Group commander hands over the 17th Medical Operations Squadron guidon to Lt. Col. George Jones during a change of command ceremony Friday at the Goodfellow Club. Lt. Col. Jones replaces Lt. Col. Allison Bowden.



From **SAMPLES** page 2

To my wonderful friends in the San Angelo community and especially those associated with the West Texas Rehabilitation Center, Angelo State University Scientific Advisory Board, San Angelo Adult Day Care Center, and the Texas Organ Donation Council, thank you for allowing me to be a part of your success. Also, a special thanks to our community health care partners at San Angelo Community Medical Center, Shannon Medical Center, and River Crest Hospital, your efforts and level of cooperation has made a near seamless healthcare system for all of our beneficiaries.

To our 17 TRW senior leaders. Thank you for your unwavering support. Everyone from our wing CC, command chief, group and squadron commanders and wing staff helped us ensure we lived up to "one team, one fight" as we accomplish the mission of the 17th Training Wing.

Finally, to the men and women of the 17th Medical Group, I could not have

asked for a better group of dedicated American patriots and health care professionals to lead. Through your dedication and devotion to duty you are executing outstanding health care for our patients and along the way were recognized as the best in the Air Force. Diana and I have grown to love this team and will truly miss our 17 MDG family. Perhaps one of the more useful benefits to e-mail is the ability to stay in contact. We want to keep in touch, we want to hear from you and know when you have the new family addition, that next promotion, or a new assignment. My charge to you: accept the change that comes with new leadership, embrace the challenges you will face together, resist direct comparisons with previous leaders since they are rarely valid and usually counterproductive, and continue to strive to be the best and in the end, make a difference.

"King Cobra" ... out.

From **GOPAUL**, page 2

thought, "We're as good as there. We're moving down the tank trail; we'll be there in 10 minutes. It's okay, I can say this." The only problem was that one minute later the tank broke down, and that 70 ton doorstep never made it to the range that day.

The BMO had kept the battalion's rolling stock in an average state of repair with average responsiveness to maintenance issues; consequently he had an average reputation. The lesson learned was that it was better to be considered average and truthful, rather than to knowingly sacrifice your integrity. The battalion commander would later mention that prior to that day, while he was not overjoyed at the unit's maintenance status report, he always trusted its accuracy. But the incident out on the tank trail caused him to question every maintenance report he received from that BMO from then on.

The two previous examples have shown the value of allowing people to make (and learn) from their mistakes and of maintaining integrity. By internalizing these life lessons I have become a better follower and leader.



**"RESCUE" IS A MATTER OF PERSPECTIVE ...**

If life has you thinking there's no way out, it's time to call in the professionals.

Your base chaplain, the Life Skills counselors, and the people at **1-800-SUICIDE (784-2433)** are ready to help.

**ONE SUICIDE IS ONE TOO MANY**



#### OFFICER TRAINING

WHICH ONE ARE YOU?

- ☐ LEAD
- ☐ FOLLOW
- ☐ GET OUT OF THE WAY

It's a question that's going to continue to pop up throughout the course of your life. At the United States Air Force Officer Training School, we'll make sure you're in the lead. We work hard to ensure officers leave here with a set of values that is becoming increasingly rare — integrity, honesty and fortitude. Consequently, the training received by qualified applicants is one of a kind. If you're ready to move into a leadership role, call **1-800-423-USAF** or log on to our Web site at [airforce.com](http://airforce.com).



# Quality Control

DALLAS - A baby falling out of a stroller, teddy bears with their stuffing hanging out and multiple fires at any given time generally would be cause for alarm in most offices, but it's just "business as usual" for the Army & Air Force Exchange Service's Quality Assurance team.

What a passerby might mistake for chaos is actually carefully orchestrated testing in AAFES' Quality Assurance lab at its world headquarters in Dallas, Texas. Step inside and you'll find that the "baby" is actually a 17-lb. dummy, the stuffed animals simply bare the scars of enthusiastic play and an endless array of controlled fires help ensure weary troops who relax by candlelight don't inadvertently burn their barracks down due to a faulty wick.

"We're the last line of consumer protection before products hit the shelf," said AAFES' Quality Assurance Inspections/Test Branch Manager Tom Rebman. Rebman and 41 other associates stationed around the globe provide troops and their families with the highest level of customer protection through a combination of five broad programs: Inspection, Supplier Quality Assistance, Product

Testing and Analysis, Social Responsibility and Food and Drug Safety. As a result, AAFES' team of technicians, veterinarians, inspectors and even a graduate gemologist have visibility of products from assembly line to check out.

"In addition to our HQs lab, our staff performs inspections at the suppliers' facility and at AAFES distribution centers," said Rebman. "We work with AAFES

buyers on consumer panel use tests and even communicate directly with customers to see if we can duplicate reported failures. Ultimately, we verify almost everything AAFES sells."

The AAFES Quality Assurance team defines quality in terms of "fitness for use," i.e., if an item is not fit for intended use, then it is not a quality item.

Anything that adversely affects appearance, serviceability or salability of an item is considered a defect. "Safety of an item is an integral part of quality because if an item is not safe to use, it is not fit for use," said Rebman.

Once merchandise in AAFES' stock assortment is identified as unsafe, the Quality Assurance team immediately issues a recall or alert in conjunction with federal agencies. All product recalls and alerts relevant to AAFES are posted and archived online at [http://www.aafes.com/pa/news/QA\\_Recalls.htm](http://www.aafes.com/pa/news/QA_Recalls.htm).





# Yards of the Month Winners

The 17th Civil Engineer Squadron housing flight announced the names of the winners for the yard of the month program for April through June.

April's winner were Staff Sgt. Todd Robbins of the 316th Training Squadron, who lives in Lanham Housing, and Master Sgt. Phillip McGlathery of the 17th Mission Support Squadron, who lives in Lake Nasworthy Housing.

May's winners were Tech. Sgt. Todd Morris of the 315th Training Squadron who lives in Lanham Housing, and Airman 1st Class Robert Berry, of the 17th Security Forces Squadron, who lives in Lake Nasworthy Housing.

June's winners were Airman 1st Class Michael LaVoy of the 17th Communications Squadron, who lives in Lanham Housing, and Staff Sgt. Steven Mutka of the 17th Security Forces Squadron, who lives in Lake Nasworthy Housing.

The Yard of the Month program runs through September. (Article Provided by 17th Civil Engineer Squadron. Photos by Senior Airman Michele Misiano)



Maj. John Baker, 17th Civil Engineer Squadron commander, presents Airman 1st Class Michael LaVoy, YOM Lanham Housing winner for the month of June.



Maj. John Baker, 17 CES commander, presents Staff Sgt. Steven Mutka, YOM Lake Nasworthy Housing winner for the month of June.



Maj. John Baker, 17 CES commander, presents Tech. Sgt. Todd M. Morris, YOM Lanham Housing winner for the month of May.



Maj. John Baker, 17 CES commander, presents Airman 1st Class Robert Berry YOM Lake Nasworthy Housing winner for the month of May.

## DON'T GET BURNED

PROTECT YOURSELF FROM  
SKIN CANCER.

ALL YOU HAVE TO DO IS:



①



WEAR A HAT

②



WEAR  
PROTECTIVE  
CLOTHING

③



USE SUNSCREEN  
SPF 15  
OR HIGHER

④



LIMIT DIRECT  
SUN EXPOSURE  
(BETWEEN 10 AM AND 4 PM)

## Buckle Up or Pay Up.

CLICK IT OR TICKET ENFORCEMENT



### Safety Belts Save Lives.

That's why local law enforcement and state troopers are enforcing the state's safety belt laws for adults and children. Fines range from \$25 to \$200.

### The Law in Texas.

Every person in the front seat of a vehicle must wear a safety belt. Children under 17 years old in the front or back seat must be secured with a safety belt or in a child safety seat. A child less than five years old and less than 36 inches tall must be secured in a child safety seat.



Click It or Ticket  
TEXAS

TEXAS DEPARTMENT OF TRANSPORTATION • TEXAS DEPARTMENT OF PUBLIC SAFETY  
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Educating, training, leading  
and mentoring the enlisted  
men and women of  
Goodfellow Air Force Base.



# On the Street

*When you were growing up, how did you celebrate Independence Day?*

INTERVIEWED BY 2ND LT. JENNIFER LEE. PHOTOS BY AIRMAN 1ST CLASS KAMAILE CHAN.



**Tech. Sgt. Juan Sparks**

"Mainly had family reunions, watched fire-works. Go to Niagara Falls and watch the fire-works and waterfalls."



**Navy Petty Officer 3rd Class Asher Martinez**

"It was usually a family moment. Everybody got together at the house, then we pretty much watched fireworks in the late afternoon."



**Airman 1st Class Carly Edwards**

"Typically we would get the family together and have a barbeque or we would go to a sporting event, like a baseball game."



**Airman 1st Class Robert Dorman**

"Fourth of Julys for my family were fairly simple. Usually involved large amounts of meat, lots of fire and fireworks."



**Marine Corps Pfc. Damien Bachman**

"Went to a family or friend's house and had family and friends over, had barbeque, set off fireworks, and just caused trouble."



**1st Lt. Steve Hartley**

"We usually went to a park and had a barbeque in the middle of the day and went to go see fire-works later."



**Army Pfc. Michael Tyler**

"Growing up, we bought lots of fireworks and set them off, out in the lake usually or out in the river."



**Airman Mary Bullock**

"My family usually went to Jamestown, Va., or Williamsburg, Va., and we watched the fireworks or how they used to celebrate it in the old days."



**Irma Ramos, AAFES employee**

"We got together, all my family and my daughters. We would go to the park and enjoy it all day ... until everything was over."



**Navy Petty Officer 3rd Class Timothy Giles**

"Last year I spent my July Fourth overseas in the Gulf Seas doing Operation Iraqi Freedom on the USS John F. Kennedy."

## At a Glance with Services



Friday 7	Saturday 8	Sunday 9	Monday 10	Tuesday 11	Wednesday 12	Thursday 13
<b>TEXAS HOLD'EM POKER</b> 7 p.m. in the Refuge Call 654-3247	<b>ALL REQUEST NIGHT IN THE REFUGE TONIGHT!</b> Community Center Call 654-3247	<b>PING-PONG TOURNAMENT</b> 2 p.m. Community Center Call 654-3247	<b>Introducing Our New Breakfast Buffet At The Club Beginning TODAY!</b> Breakfast will be served from 6 to 9 a.m. Mon through Fri. Selections include: summer scrambled eggs, waffles & French toast, seasoned country potatoes, sausage, bacon, scones, bagels, coffee and a variety of teas.	<b>WIN CASH! TEXAS JACK BINGO</b> Card Sales begin at 5 p.m. Early Bird Bingo at 6 p.m. Regular Bingo at 7 p.m. Community Center. Call 654-3247.	<b>CHILDREN'S STORYTIME AT THE LIBRARY</b> Every Wednesday 10 a.m. Base Library Call 654-3232  <b>SPADES TOURNAMENT</b> 6 p.m. Community Center Call 654-3247	<b>ALL REQUEST NIGHT IN THE REFUGE TONIGHT!</b> Community Center Call 654-3247  Check us out on the web! <a href="http://www.goodfellowservices.com">www.goodfellowservices.com</a> Give Us Your 2¢
<b>POOL HOURS OF OPERATION</b> China Beach Pool (hours will expand as staff is added) Mon, Wed, Thur, Fri 1 to 6 p.m. Sat & Sun 11 a.m. to 7 p.m. Closed Tuesday  Rec Camp Pool Thur through Tues 12 Noon to 8 p.m. Closed Wednesday  Mc Gert Pool Tue, Wed, Thur, Fri 1:30 p.m. to 7 p.m. Sat & Sun 11 a.m. to 7 p.m. Lap Swim 11 a.m. to 1:30 p.m. Closed Monday	<b>We've Gone Wireless in the Community Center!</b> Bring your laptops to the Community Center and use our wireless access for a fee. You will purchase a monthly, weekly or daily access card with a personal security access code. Fees: Monthly-\$25 Weekly-\$10 Daily-\$3 FMI: Community Center, Bldg 127 654-3247					

**FUN CENTRAL**  
**ARLINGTON TEXAS**  
 No Federal Endorsement of Sponsor Intended

**Contratulations!**  
**TSgt Samantha Sigler**



**WINNER!**  
**A Vacation Package From**  
**Destination Arlington**

Information,  
 Tickets & Travel  
 Bldg 127  
 654-5249





# 2006 All American Pops Concert

Thousands of people gathered around the banks of the Concho River in downtown San Angelo to enjoy the 2006 All American Pops Concert Monday at the Bill Aylor Memorial River Stage.

The event was done in support of the San Angelo Symphony Orchestra and Choral and as a way to celebrate another year of existence for the "Good ole U.S.A."

The event featured live musical performances by the symphony and the chorale. Musical selections for the evening included patriotic songs such as the Star Spangled Banner and America the Beautiful. Col. Scott Bethel, 17th Training Wing commander, joined the in the symphony's musical repertoire later in the night by playing the theme song for the movie Rocky on an electric guitar.

Spectators were caught off guard as by a sudden down pour of rain half way through the performance.

However, the show went on, and the hundreds of spectators who stayed were able to feast their eyes to an explosive and illuminating fireworks display, which incorporated in different parts of the performance throughout the night. (Story by Airman 1st Class Luis Loza Gutierrez)



Photo by Airman 1st Class Kamaile Chan

Spectators look on as the San Angelo Symphony Orchestra plays the official song of each of the services: Army, Navy, Coast Guard, Air Force and Marines Corps. Both active duty and retired veterans stood during the playing of their respective services' songs.



Photo by Chase O'Reilly

Col. Scott Bethel plays the "Flying High" theme from the movie Rocky.



Photo by Airman 1st Class Kamaile Chan

The Goodfellow Joint Service Color Guard presents colors during the playing of the National Anthem.



Photo by Airman 1st Class Kamaile Chan

Soldiers, Airmen, Sailors and Marines proudly carry the 50 state flags.



## At a Glance with Services

**Coming Back To Goodfellow  
Friday, July 14th**

**NEW LOCATION At The Club**  
OFF THE GRILL MENU AVAILABLE

**OPEN TO ALL  
GOODFELLOW PERSONNEL!**



**9:00 p.m.**



**THESE GUYS  
Rock!**

**\$3 - Club members & UBU**

**\$5 - Nonmembers**

**Order From the Grill**



**WIN CASH!  
EVERY TUESDAY!  
IN THE REFUGE**



Open to all base personnel,  
and their dependents  
18 yrs & older.  
Show your Club Card and get a discount  
on the purchase of full packs.

Card Sales  
begin at 5 p.m.  
Early Bird Bingo  
at 6 p.m.  
Regular Bingo  
at 7 p.m.

**CHECK OUT THE  
SPECIAL AT  
GODFATHER'S  
PIZZA**

**Community Center  
Bldg 127 Call 654-3247**



## Chief McKinley takes over top enlisted position

BY TECH. SGT. COHEN A. YOUNG

AIR FORCE PRINT NEWS

WASHINGTON (AFP) -- The Air Force welcomed new Chief Master Sgt. of the Air Force Rodney J. McKinley as he was passed the torch by Chief Master Sgt. of the Air Force Gerald R. Murray in a ceremony here Friday.

Chief Murray retires after 29 years of service with the last four as the chief master sergeant of the Air Force.

Chief McKinley praised the "wonderful Airmen" standing in front of the audience, referring to the Air Force Honor Guard, which comprised 250 Airmen from various places and backgrounds. He said the sight of the Airmen standing in front of the 50 state flags was a view that would "get your blood going."

Chief McKinley said it was an honor to be the 15th chief master sergeant of the Air Force. He said to say he was humbled would be an understatement.

"I've always been in awe of the chief master sergeants of the Air Force," Chief McKinley said. "They have



Courtesy Photo

inspired me and made me a better Airman."

Chief McKinley was the command chief for Pacific Air Forces at Hickam Air Force Base, Hawaii, before assuming his new position.

## DoD, Tricare continue to enhance benefits

FALLS CHURCH, Va. -- The Department of Defense continues to enhance the Tricare benefit while providing cost-effective healthcare for 9.2 million eligible beneficiaries worldwide.

Enhancements for this year include: -- Colorectal cancer screening for beneficiaries age 50 and older who are at normal risk.

-- The Tricare Reserve Family Demonstration Benefit extension through Oct. 31, 2007, with a proposal to make it permanent.

-- Medically necessary obstetrical ultrasounds, which Tricare will cost-share separate from the delivery fee.

-- Dental implants and related prosthetics covered at a 50-percent cost share under the new Tricare Dental Program Contract that began Feb. 1.

"Since its inception more than a decade ago, Tricare continues to provide an increasingly comprehensive healthcare plan to uniformed service-members, retirees and their families," said Dr. William J. Winkenwerder Jr., assistant secretary of defense for health affairs. "We must work to ensure this quality benefit remains a comprehensive benefit for all eligible beneficiaries."

In addition to DoD initiatives to improve the Tricare benefit this year, Congress legislated other program changes through its annual authorization known as the National Defense Authorization Act, or NDAA. NDAA authorized a number of additions to the Tricare program, effective Oct. 1, to include the following:

-- Expansion of the Tricare Reserve

Select health plan offered for purchase by qualified National Guard and Reserve servicemembers.

-- Enhanced mental health services such as additional coverage for post-traumatic stress disorder, or PTSD, and mental health conditions; and development of plans addressing regional PTSD and mental health challenges.

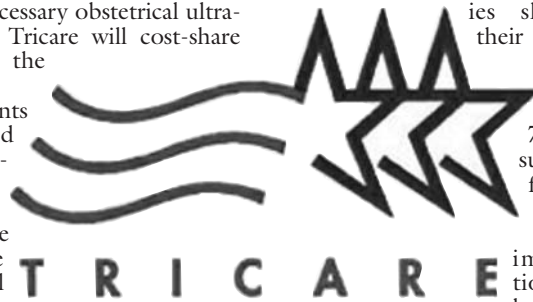
-- Extended coverage under Tricare Prime for surviving children whose sponsor dies while serving on active duty for a period of more than 30 days.

Eligible beneficiaries should save their receipts for care received from Oct. 7, 2001, and submit them for reimbursement upon full implementation of this benefit.

-- Expansion of the Tricare Dental Program, or TDP, survivor benefit to include the surviving active duty spouse if both spouses are on active duty when one of the spouses dies; and the surviving spouse enrolls in the TDP after retirement or separation within three years of the death.

-- ROTC cadets and midshipmen on orders, who have not yet reported for their initial period of active duty and are uninsured, may qualify for medical and dental care as an active-duty servicemember. Eligible beneficiaries should save their receipts for care received from Jan. 6 and submit them for reimbursement upon full implementation of this benefit.

For the most up-to-date information on the current benefit and changes, visit [www.tricare.osd.mil](http://www.tricare.osd.mil). (Article courtesy of Air Force Print News.)



## Stolen VA laptop turned in to FBI

BY STEVEN DONALD SMITH

AMERICAN FORCES PRESS SERVICE

WASHINGTON -- The stolen Department of Veterans Affairs laptop computer and hard drive containing the personal information of more than 26 million veterans were turned in to the FBI June 29, the Veterans Affairs secretary said before Congress today.

Reports indicate the FBI has made a preliminary determination that data contained on the computer and hard drive has not been accessed.

There have been no reports of identity theft or other criminal activity related to the stolen computer, R. James Nicholson told the House Veterans Affairs Committee. He

added that the VA would still honor its promise of free credit monitoring for a year.

An unnamed individual turned over the laptop and hard drive to FBI officials in Baltimore. No persons are in custody at this time, officials said.

The laptop and hard drive were stolen from the Montgomery County, Md., home of a VA employee on May 3. Government officials do not believe the data on the laptop was the target of the burglary, and consider the break-in a random theft.

"This has brought to the light of day some real deficiencies in the manner we handled personal data," Nicholson said. "If there's a redeeming part of this, I think we can turn this around."

# At a Glance with Services



**USAF SERVICES R&R RETIREE REWARDS**

**ATTENTION RETIREES!**

**Now through July 31**

**All military retirees & spouses can stop by Information, Tickets & Travel in Bldg 127 to fill out an entry form.**

**The prize includes:**

**Five night stay and airfare.**

**Eligibility:**

**Must be retired military member (or spouse) and meet eligibility requirements for use of Air Force Services Facilities.**

**Drawing will be held on or about August 15.**

**ITT Office Bldg 127 654-5249/1168**

**Open 10:30 a.m. to 1:30 p.m. Monday-Friday**

**REGISTER TO WIN A TRIP FOR TWO TO HAWAII!**

**OCEAN SUNRISES. SECLUDED BEACHES. REST AND RELAXATION CAN ALL BE YOURS.**

**Blue Sky tours**

**USAF SERVICES**

**Drop Entry Here**

**Check out the web [www.goodfellowservices.com](http://www.goodfellowservices.com)**

**GOODFELLOW STUDENT EVENTS FOR JULY 2006**

DATE	EVENT	LOCATION	TIME	FEE
Starts July 1	Make A Splash Fitness Incentive	McGarr Pool	Class Times	Class Fee
	Summer Strike Force Earn points for prizes	Thede Bowling Center	Any Time	Varies
Every Tuesday	Texas Jack Bingo	Community Center	1700	Varies
Sun, July 2	8-Ball Pool Tournament	Community Center	1400	—
Mon, July 3	Photography & Digital Imaging Class (Every Monday)	Community Center	1800-1900	\$30
	Chess Tournament	Community Center	1700	—
Tue, July 4	4th of July Holiday No Bingo	Community Center	All Day	—
Wed, July 5	Cricket Darts Tournament	Community Center	1800	—
Thur, July 6	8-Ball Doubles Pool Tournament	Community Center	1800	—
Fri, July 7	No-Limit Texas Hold'em Poker (Every Friday)	Community Center	1900	Free
Sat, July 8	All Request Night Bring your CD's	Refuge	All Night	—
Sun, July 9	Go Outside & Play Day Ping-Pong Tournament Win large pizza	Rec Camp	1200-1700	\$15
		Community Center	1400	—
Mon, July 10	Football Tournament	Community Center	1700	—
Wed, July 12	Spades Tournament	Community Center	1800	—
Thur, July 13	All Request Night Bring your CD's	Refuge	All Night	—
Fri, July 14	Live Band: "Ember"	Refuge	2100	\$3/\$5
Sat, July 15	Horseback Riding Trip to Christoval, Texas	Community Center	1000	\$35
	Build Your Own Sundae	Community Center	1400-1700	\$1
Sun, July 16	HALO2 Tournament Battle to the Death	Community Center	1400	—
Mon, July 17	2-4-1 Nachos	Community Center	All Day	Varies
Wed, July 19	2-4-1 Tokens for Batting Cages Limit \$5	Community Center	All Day	Varies
Thur, July 20	Comics On Duty	Refuge	1800 & 2100	Free USU/Students \$2/Club Mem \$5/Non Mem
	9-Ball Pool Tournament	Community Center	1800	—
Sat, July 22	Last One Standing Sumo Night	Refuge	1800	—
Sun, July 23	2-4-1 Nachos	Community Center	All Day	Varies
Wed, July 26	301 Darts Tournament	Community Center	1800	—
Thur, July 27	8-Ball Doubles Pool League	Community Center	1800	—
Sat, July 29	Texas Hold'em Battle of Champions	Community Center	1900	—

**GET HOME SAFELY! Call 654-3252**

The AAO (Alcohol Against Drunk Driving) will give you a safe ride home from any where in San Angelo or on the base. Friday and Saturdays Only. Open to all Goodfellow Personnel.

**HORSEBACK RIDING**

**Saddle Up & Ride!**

**Horseback Riding Trip July 15 at 10 a.m. Cost: \$35 To sign up call 654-3247**



All eyes on you  
The Goodfellow  
weekly spotlight

**NAME:** Susan McDaniel  
**UNIT:** 17th Services Division  
**DUTY TITLE:** Family Child Care Coordinator  
**TIME ON STATION:** 3 years, 7 months  
**TIME IN SERVICE:** 18 years civil service  
**PREVIOUS BASES:** Maxwell / Gunter Air Force Base, Ala.; HQ Services Agency, San Antonio, Texas; Dyess AFB, Texas  
**HOMETOWN:** Chattanooga, Tenn.  
**HOBBIES:** Painting, arts and crafts  
**ASPIRATIONS:** To own her own business  
**FAVORITE QUOTE:** "See each day through the bright, fresh eyes of a child."

UNKNOWN



Photo by Airman 1st Class Stephen Musal  
Susan McDaniel demonstrates the proper way to play with a toy Friday at the Family Childcare Center.

MOVIES

Movies start at 7 p.m. in the base theater unless otherwise noted. Admission is \$2 for adults and \$1 for children under 11. Movie times are subject to change without notice.

X-Men: The Last Stand

**Today and Thursday**  
Hugh Jackman, Ian McKellen and Patrick Stewart star in this movie rated PG-13. The continuing adventures of the superpowered group, the X-Men, led by Professor Xavier, and based at his school for gifted students, as they try to foster good will for mutants like themselves, in a world where some people are born with extraordinary powers, and many ordinary humans fear them for it.



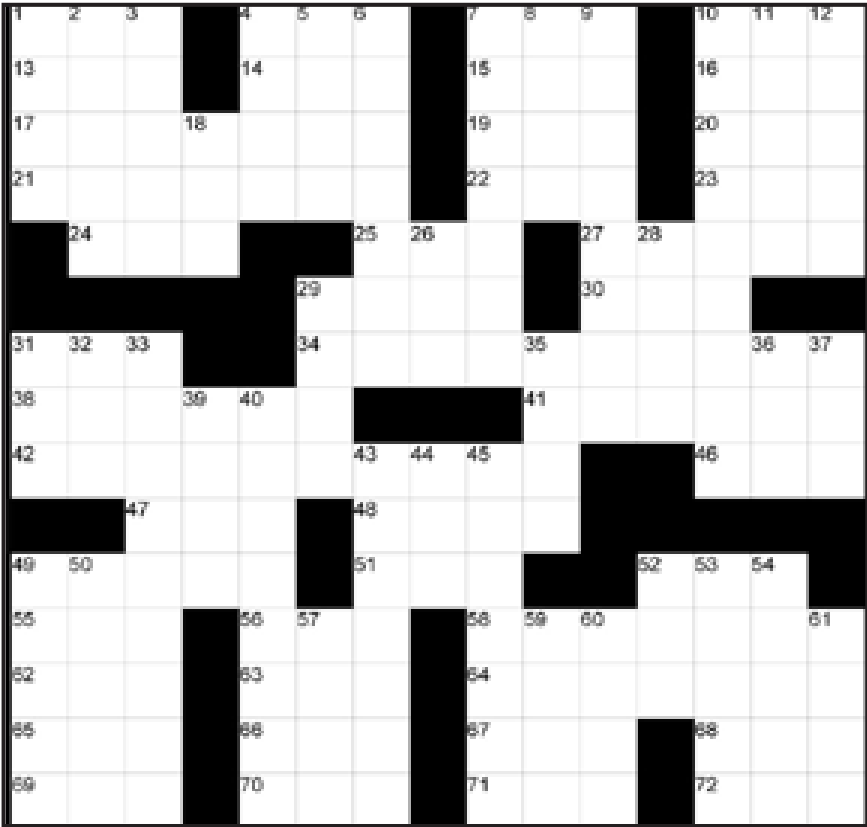
The DaVinci Code

**Saturday**  
Tom Hanks and Jean Reno star in this movie rated PG-13. The murder of a curator at the Louvre reveals a sinister plot to uncover a secret that has been protected since the days of Christ. Only the victim's granddaughter and Robert Langdon, a famed symbolologist, can untangle the clues he left behind. The duo become both suspects and detectives searching for not only the murderer but also the stunning secret of the ages he was charged to protect.



Over the Hedge

**Sunday**  
Bruce Willis and Garry Shandling star in this PG-rated movie. Spring has sprung, and Verne and his woodland friends awaken from their long winter's nap to discover that a tall, green "thing" has mysteriously cropped up right through the middle of their home. Enter RJ, an opportunistic raccoon, who explains that the world beyond the hedge is the "gateway to the good life" where peculiar creatures called humans live to eat, rather than eat to live.



Answers in next week's issue

Puzzle by Capt. Tony Wickman, Alaskan Command Public Affairs

July 7 to July 14 dining facility menu

Menu is subject to change

<u>Lunch</u>	<b>Friday</b>	<u>Dinner</u>
Swiss Steak with Tomato Sauce Stuffed Green Pepper Mexican Baked Chicken		Lasagna Spaghetti with Meat Sauce Italian Sausage
<u>Brunch</u>	<b>Saturday</b>	<u>Dinner</u>
Grilled Steak Cajun Meat Loaf Crispy Baked Chicken		Stir Fry Chicken with Broccoli Pork Chops with Mushroom Gravy Fish Almondine
<u>Brunch</u>	<b>Sunday</b>	<u>Dinner</u>
Fried Shrimp Chicken Breast Parmesan Tuna and Noodles		Sauerbraten Ginger Barbecue Chicken Spinach Lasagna
<u>Lunch</u>	<b>Monday</b>	<u>Dinner</u>
Swiss Steak with Tomato Sauce Baked Chicken Italian Sausage		Roast Turkey Baked Ham Fish & Fries
<u>Lunch</u>	<b>Tuesday</b>	<u>Dinner</u>
Barbecue Beef Cubes Yakisoba (Beef and Spaghetti) Onion-Lemon Baked Fish		Pork Schnitzel Steak Paprika Beef Chicken Fajitas
<u>Lunch</u>	<b>Wednesday</b>	<u>Dinner</u>
Lasagna Cheese Pizza Beef Porcupines Chicken Enchiladas Chicken Parmesan		Country Style Steak Fried Chicken Pita Pizzas
<u>Lunch</u>	<b>Thursday</b>	<u>Dinner</u>
Liver & Onions Orange Glazed Pork Chops Tempura Fried Fish		Pasta Primavera Pepper Steak Mr. Z's Baked Chicken

Hours of operation

Western Winds

**Monday to Friday**  
Midnight Meal ... 12:15-1:45 a.m.  
Breakfast ... 5-8:15 a.m.  
Lunch ... 10:30 a.m. to 1 p.m.  
Dinner ... 4:30-7 p.m.

Cressman

**Monday to Friday**  
Breakfast ... 4:30-7 a.m.  
Lunch ... 10:30 a.m. to 12:30 p.m.  
Dinner ... 6-8 p.m.  
**Saturday, Sunday and Holidays**  
Brunch ... 8 a.m. to 1 p.m.  
Dinner ... 4-7 p.m.



In the Lead

ACROSS

- Baseball stat
- Reindeer relative
- USAF bomb depot
- Angry
- Charged particle
- US airline, in brief
- Everything
- Type of MK-82, in short
- M-29
- Computer giggle
- Gun lobby
- Two continents combined
- Confederate general
- Carve
- Embroider
- Signal
- Browses
- Hail a ship
- Alcoholic beverage
- Eur. country
- AIM-9
- TV type
- Wildcat
- Commiserate
- Dir. 67°30 from due north
- Gun the motor
- Pilots with 5+ kills
- Domicile

- Actor Stephen
- Grad. degree
- Staff
- Music genre
- Ropes
- USAF bomb org.
- Simpson trial judge
- Stone shaft
- Formerly
- Co. head
- X, to Julius Caesar
- Oahu memento
- Compute
- Barbie's beau
- Sault \_\_ Marie
- Tree product
- Secretary of State
- Round mass
- Acclimate
- Tolkien tree shepherds
- Angolan currency
- Pakistan city
- AGM-62
- North American plum tree
- Hypersensitive
- Brutalize
- Broadcasted
- Pulls
- Cut up
- Uniform wear

- term, in brief
- 31 ACROSS article
- ASM-135
- GBU-31/32 JDAM guidance control unit
- Tarzan, once
- Forced passage
- Troubles
- Long time
- A different st.
- Raced
- AGM-65
- AGM-84
- Froze matter
- Extremists
- Stadium
- Jeered
- USAF website ending
- Empties a canoe
- On the water
- Fits to \_ \_
- Help a criminal
- Actress Russo
- Ignore



# News Briefs

## Changes of Command

♦ **The 17th Medical Group** will conduct a change of command ceremony Monday at 10 a.m. at the Goodfellow Club.

Col. Phil Samples will relinquish command of the 17 MDG to Col. Barry L. Simon.  
POC: 654-3075

♦ **The 17th Comptroller Squadron** will conduct a change of command ceremony Friday at 10 a.m. at the Goodfellow Club.

Lt. Col. Jeffrey Coggin will relinquish command of the squadron to Maj. Stephen Cristofori.  
POC: 654-3773

♦ **The 17th Logistics Readiness Squadron** will conduct a change of command ceremony July 20 at 2 p.m. at the Goodfellow Club.

Lt. Col. Julie Plummer-Ashbaugh will relinquish command of the squadron to Maj. William P. Roberts.  
POC: 654-3841

♦ **The 17th Training Support Squadron** will conduct a change of command ceremony July 25 at 10 a.m. at the flagpole in front of the Norma Brown Building.

Lt Col. Shane Smith will relinquish command of the squadron to Lt. Col. Robert Ehlers.

Dress for military is duty uniform, or business attire for civilians. For more information about the changes of command refer to the contact number listed.

## 17 LRS Closure

The 17th Logistics Readiness Squadron will be closed on Monday for a commander's call from 8:30-1030 a.m.

In case of an emergency call 654-5744 or pager number 800-759-8888-1843089 POC is Pat Gavin, 3841.

## Airman and Family Readiness

The Airman and Family Readiness Center (formerly known as the Family Support Center) offers the following services:

♦ **Workforce Solutions of the Concho Valley:** Every Thursday from 9 a.m. to noon a representative from the Texas Workforce Commission is available at the Airman and Family Readiness Center Annex, Bldg. 246. They will be able to help with issues con-

cerning unemployment compensation, job search, job training and help people create a draft resume in 30 minutes.

♦ **Resumé Writing Class:** Today, 1-4 p.m. This skills building workshop teaches the ABC's of resume writing. You will be able to professionally write your own resume and learn how modify it for all the jobs you seek.



♦ **Smooth Move:** Monday, 1-3 p.m. Help reduce moving-related stress by attending this informative seminar. Experts from TMO, Finance, Legal Office Claims Processing, TRICARE, Housing, and the Airman and Family Readiness Flight will brief and answer questions about your upcoming move. Spouses are encouraged to attend.

♦ **Transition Assistance Seminar:** Tuesday through Thursday, 7:30 a.m. - 4:30 a.m. This 3-day seminar is designed for those retiring or separating from the military. It is a MUST for any transitioning member; spouses are highly encouraged to attend. Information is given on job searches, TRICARE, veterans' benefits, finances, and more! Ideally, you will take this class at least 12 months prior to separation/retirement. Civilian clothes authorized. A pre-separation counseling appointment is recommended before attending the seminar – schedule your appointment on-line at [www.familysupportgoodfellow.org](http://www.familysupportgoodfellow.org) or call 654-3893.

♦ **Solo Flight (Single Parent Support Group):** Thursday, 11 a.m., at Chilango's Restaurant (pay as you go). This group meets at a restaurant each month, to discuss issues that affect single parents. It is open to all branches of service; military or civilian, and now includes "temporary" single parents due to sponsor's TDY/deployment/remote assignment.

Unless otherwise stated, classes are at the Airman and Family Readiness Center, Bldg. 300.

For more information or to sign up for a class, call 654-3893 or visit [www.familysupportgoodfellow.org](http://www.familysupportgoodfellow.org), click on "schedule a meeting," click on "events," then select the class.

## Enlisted Spouses Group

The Goodfellow Enlisted Spouse's Group is open to spouses of enlisted service members of all branches. There is no fee to be a member. The next meeting is Thursday at 6:30 p.m. at the Chapel Fellowship Hall. For more information, contact Angie Wilson at (325) 212-1376 or GoodfellowESG@hotmail.com.

# Air Force accepting physician assistant applications

RANDOLPH AIR FORCE BASE, Texas - The Air Force is taking applications from active duty enlisted Airmen for Physician Assistant Phase I training classes beginning January, April and August 2008.

The selection board is scheduled to convene at the Air Force Personnel Center here March 27. Completed applications must arrive at HQ AFPC/DPAMW, 550 C Street West, Suite 27, Randolph AFB TX 78150-4729 no later than Jan. 26. Incomplete applications or those received after the cutoff date will be returned and will not meet the selection board, according to AFPC officials.

To be eligible, applicants must:

- Be on active duty in the grade of E-3 through E-8 with a minimum of two years and a maximum of 14 years active military service as of Aug. 31, 2008.
- Meet age limitations specified in Air Force Instruction 36-2005 for appointment as second lieutenants in the Biomedical Sciences Corps (less than 42 years of age upon completion of Phase II training.)
- Must take the Scholastic Aptitude Test within four years of the board date, with a minimum math score of 450 and a composite score of no less than 950 in the in the old version or a minimum composite score of 1,425 in the newer version.
- Have a minimum general score of 80 points on the Armed Services Vocational Aptitude Battery or Air Force Classification Test.
- Sixty semester hours of transferable college credits and a grade point average of 2.5 or better on a 4.0 scale. Twenty-nine of these semester hours must be actual in-classroom courses at an accredited college or university. A combined minimum 3.0 GPA is required in the math and science courses. Thirty-one semester hours may be met from CLEP, CCAF, DANTES, USAFI correspondence courses, end-of-course test, or specific subject examination.

For more information, contact the local military personnel flight, education office or visit [http://gum.afpc.randolph.af.mil/cgi-bin/askafpc.cfg/php/enduser/std\\_adp.php?p\\_faqid=3896](http://gum.afpc.randolph.af.mil/cgi-bin/askafpc.cfg/php/enduser/std_adp.php?p_faqid=3896). *(Story courtesy of Air Force Personnel Center News Service.)*

Get Into Safety Head First.

Always wear your helmet.

# FLTCIP offers insurance alternative

RANDOLPH AIR FORCE BASE, Texas -- The Federal Long Term Care Insurance Program offers federal employees an option when purchasing long term care insurance.

The insurance policy helps defray the cost of in home, nursing home or assisted living facility care for people who cannot care for themselves due to chronic-health conditions.

"Although many people may believe this insurance to be needed primarily by the elderly, anyone may require potentially expensive long term care," said Janet Thomas, human resources specialist at the Air Force Personnel Center here. "Any eligible individual may apply at any time, and once enrolled, coverage can't be canceled due to age or a change in health."

Those eligible for the insurance program include: federal employees and annuitants; separated federal employees with title to a deferred annuity; active and retired military members; active members of the selected Reserve; retired "grey" reservists even if they are not receiving retirement pay; those people receiving compensation from the Department of Labor; the current spouse of an eligible person; adult children, parents, parents-in-law and stepparents of living eligible people; and surviving spouses receiving a survivor annuity.

The FLTCIP is sponsored by the Office of Personnel Management and offers group premiums and comprehensive benefits. There are two types of plans available, and enrollees may select from pre-packaged options or customize a plan to meet their needs:

-- the facilities-only plan that covers all levels of nurs-

ing home, assisted-living facility and in-patient hospice care; and

-- the comprehensive plan that covers everything the facilities-only plan covers, plus care provided at home by a nurse, home health aide, therapist, informal caregiver or other authorized provider. Costs of adult day care centers and home hospices are covered as well.

"The best thing to do at any age is to gather and assess available information. Doing so will help you make the appropriate decision concerning your insurance needs," said Ms. Thomas.

The OPM encourages employees to compare the federal program with other long term care insurance policies, and offers a new Benefits and Features Worksheet at <http://www.ltcfeds.com/documents/index.html#forms>. Using the worksheet, people can compare the financial strength of companies, plan options, services covered, premium costs, exclusions and limitations, and more. The Web site also has two premium calculators, one for choosing a pre-packaged plan and one to customize a plan to individual needs, at [https://www.ltcfeds.com/ltcWeb/do/assessing\\_your\\_needs/ratecalc](https://www.ltcfeds.com/ltcWeb/do/assessing_your_needs/ratecalc).

Long-term care provides daily living assistance, such as bathing, dressing and eating, to injured, ill or aging people. It may also assist people who need supervision due to a severe cognitive impairment such as Alzheimer's disease.

For more information, call (800) 582-3337, TTY (800) 843-3557, or visit online at [www.ltcfeds.com](http://www.ltcfeds.com). Certified long-term care representatives are available weekdays 8 a.m. to 7 p.m. EDT.

## Selective re-enlistment bonus changes for 14 specialties

WASHINGTON -- Air Force officials have announced changes to the selective re-enlistment bonus program.

A message from Headquarters Air Force, dated May 24, 2006, indicated changes to the program for 14 Air Force Specialty Codes. Those changes follow a thorough review of the SRB program, and are part of the Air Force's ongoing force-shaping effort, the message said.

Changes were made to the following selective re-enlistment bonuses:

Added, effective June 1, 2006:  
1C6X1, Zone A, 2.0 (space systems operations)  
1N2X1, Zone A, 2.0 (communications signals intelligence production)  
3E9X1, Zone A,1.5; Zone B, 1.0; Zone C, 1.0 (readiness)  
3P0X1A/B, Zone A, 2.0 (security forces)  
4J0X2, Zone A, 1.0 (physical medicine)

Reduced, effective July 1, 2006:  
1A2X1, Zone A, 2.5 (loadmaster)  
1A3X1, Zone A, 3.5 (airborne communications and electronic systems)  
1A4X1, Zone A, 2.0; Zone B, 2.0 (airborne battle management)

1C5X1D, Zone A, 3.0 (aerospace control and warning systems)  
1N3X2A, Zone A, 4.5; Zone B, 4.0 (romance cryptologic linguist)  
1N3X3A/D, Zone A, 4.5; Zone B, 4.0 (Slavic cryptologic linguist)  
1W0X1, Zone B,1.0 (weather)  
9L0X0, Zone B, 5.0 (interpreter/translator)  
Removed, effective July 1, 2006:  
2E2X1, All (communication, network, switching and crypto systems)

Senior Master Sgt. Patrick Lavender, Air Force Enlisted Force Management Division manager here, implemented a new SRB analysis process that objectively identifies SRB candidates and recommends the best allocation of multiples while staying within budgetary constraints. The new process increases the validity of the SRB program and ensures the right skills are targeted with the most cost-effective multiples.

For more information on the SRB changes, contact your local military personnel flight re-enlistment office or visit the Air Force Personnel Center Web site. *(Story courtesy of Air Force Personnel Center News Service.)*

# Chapel Schedule

**CHAPEL WORSHIP SCHEDULE:** The Goodfellow Chapel holds Catholic and Protestant services, religious education every Sunday and other programs.

### Catholic services:

- ♦ Catholic services:
- ♦ Sunday Mass at 9 a.m.
- ♦ Noon Tuesday through Friday
- ♦ CCD at 10:30 a.m. in Bldg 135 (Sept-May)
- ♦ R.C.I.A. at 10:30 a.m. in Bldg 139 (Sept-May)

### Protestant services (Sundays):

- ♦ 11 a.m.,Traditional Protestant Worship Service
- ♦ 2 p.m., Gospel Service
- ♦ 6 p.m., New Life Contemporary Service
- ♦ Sunday school for all ages at 9 a.m. in Bldg 135 (Sept-May)
- ♦ Children's Church - Sundays with 10:30 a.m. worship service at Chapel
- ♦ **Choir Practices (In Chapel)**
- ♦ 6 p.m. Traditional Worship Team, Thursdays
- ♦ 5:45 p.m., Gospel Service, Thursdays
- ♦ 6 p.m., Catholic Choir, Wednesdays
- ♦ 7 p.m., New Life Contemporary Service, Thursdays

### Bible Studies:

- ♦ Catholic Bible Study, 7 p.m. Mondays at Crossroads
- ♦ Chit Chat Lunch, 11:30 a.m. Tuesdays at Crossroads
- ♦ Promise Keepers, 11 a.m Wednesdays, in Bldg 136, 7 p.m. Wednesdays at Crossroads
- ♦ Family Bible Study, 7 p.m. Thursdays at Bldg. 135

For more information on chapel programs, call 654-3424.

For more information on Jewish programs, call 654-3424.



# BRACE YOURSELF

## Air Force trying to put ankle injuries on ice

By TIM BARELA

AETC TORCH MAGAZINE

A lot of people speculated that with new, more demanding fitness standards, which began in January 2004, the Air Force would see a rise in sports and fitness injuries as the service strived to "get in shape." According to the Air Force's top safety chief, that theory has been confirmed, albeit ever so slightly.

"We've seen a very slight increase in sports and recreation injuries (since the implementation of the Air Force's new fitness standards)," said Maj. Gen. Lee McFann, the Air Force's chief of safety, Headquarters U.S. Air Force, Washington, D.C., and the commander, Air Force Safety Center, Kirtland Air Force Base, N.M. "The more people get out and become active - the more they do - unfortunately, a byproduct of that is more injuries. However, the long-term physical fitness benefits override any slight increases in injuries. People who are more fit have better health and do better at their jobs across the board."

In Air Education and Training Command, sports and recreational injuries went up 26 percent during the first year of the new fitness program (fiscal 2004).

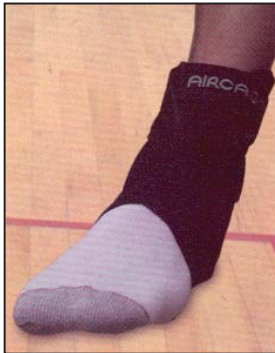


Photo by Tim Barela

"We ran a test program at Lackland (Air Force Base, Texas) using ankle braces at the base gym," General McFann said. "This wasn't an experiment to see if the braces work; we know they work. Pro teams and big-time college teams already use them and have proven they work. They issue them to their athletes, their athletes put them on, and they decrease

ankle injuries."

Since the experts already know the ankle braces are effective, the study instead focused on an operational concept of how to use the safety devices, the general said.

"Do you give them to everybody when they come to the gym? Do you give them to just the basketball players or the racquetball players, since those are known high-risk sports?" General McFann said. "After we get some decent data, the solution might



Photo by Tim Barela

because it's too risky - give me a break," General McFann said. "But if we can get basketball players to wear ankle braces like they do in college and pro sports, we believe we'll see reduced injuries, as well as a decrease in lost duty days."

Lackland ran its test program November through March, during the fall/winter intramural basketball season, said Dave Etrheim, 37th Training Wing ground safety manager.

"Our wing commander signed a letter making the wear of the ankle braces mandatory for all those participating in the intramural basketball season," Etrheim said. "We talked with the coaches and fitness center staff explaining the purpose of the program. Our staff would do spot inspections during games. If we identified a player not wearing the braces, the game would be stopped and he or she would be removed until the braces were in place."

For the season, there were 12 teams with nearly 10 players on each who participated in the study. The results were mixed. While there were no ankle injuries reported during the entire four-month intramural basketball season, not many players gave a rousing endorsement of the ankle braces. As a matter of fact, most thought the braces were uncomfortable and negatively impacted their performance on the court.

While survey respondents overwhelming said they agreed that athletes needed safety equipment in recreational sports and that they understood how the ankle braces help prevent injury, they were just as adamant that the braces provided didn't seem to be the answer. Most of those surveyed agreed that the braces negatively affected their speed, flexibility, confidence and overall game performance.

However, a majority of those surveyed weren't necessarily saying the ankle braces were a bad idea. As a matter of fact, at least half of the respondents had suffered an ankle injury in the past that had restricted their activities anywhere from one day to five months, so they were motivated to test new safety equipment. Most simply asked officials to find them more comfortable braces.

The Air Force Safety Center has gathered all the surveys and is recording the safety data and the customer comments. In the meantime, the fitness center at Lackland is still making the ankle braces available for checkout on an optional basis.

"We'll continue to try some different things, and see what works best," General McFann said. "At the very least, we should make the braces available at base fitness centers."

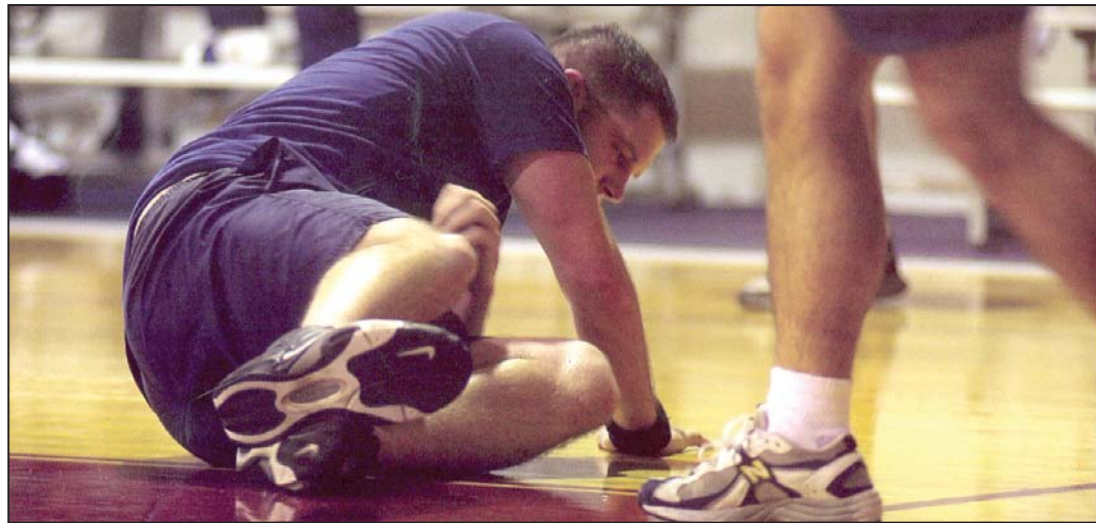


Photo by Tech. Sgt. Jeffrey Allen

In fiscal 2005, they actually decreased 7 percent - perhaps a signal that people are gradually achieving better fitness.

That doesn't mean, however, that the Air Force is sitting on its laurels when it comes to even a "slight" increase in injuries. According to the general, safety officials are not only identifying the top culprits as far as high-risk activities and types of injuries, but they are looking for solutions to counter them as well. They even are testing some experimental programs - at least one of them right here in AETC.

be to require people to wear ankle braces when they play sports with the highest possibility of ankle sprains. The one that comes to mind first is basketball, which produces the highest number of ankle sprains, which, in turn, leads to the most missed work days by our Airmen."

The general said an obvious solution would be to simply restrict Airmen from playing basketball. But he insisted that the Air Force isn't looking to take such extreme measures.

"We want to reduce injuries, but we don't want a society of Air Force people who don't play basketball

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# Stampede Express shows Military Appreciation while honoring America



A Marine watches the arena football action on the field during the first quarter.

The Stampede Express, an arena football team with the Intense Football League, hosted a military appreciation day game Saturday at the San Angelo City Coliseum.

Tickets were sold to military members for \$5. Three dollars less than the usual \$8 regular military ticket price.

The games opening ceremony featured a special tribute to members of the nation's police, emergency rescue, fire-fighters and the armed forces. Another tribute took place during half time as members from the Army, Navy, Air force and Marines volunteered to unveil a large American flag as the names of fallen local servicemembers were read by the game's play-by-play announcer.

"I enjoyed the atmosphere of the game. People looked like they were having a lot of fun," said 13-year-old Joy Bethel, one of the young spectators attending the game.

The game came to a spectacular finish as the Stampede Express rallied a come-from-behind 43 to 40 victory over the Laredo Lobos. (Photos by airman 1st Class Kamaile Chan. Story by Airman 1st Class Luis Loza Gutierrez)



A student Soldier helps unroll a large American flag during the games half time tribute.



Col. Scott Bethel (right) stands next to the game's special guest Rosie Velez during the game's opening ceremony.



Players from the Laredo Lobos, the visiting team, kneel during the game's invocation.

## Don't Drown Your Career

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